

Epi Update for Friday, January 4, 2019
Center for Acute Disease Epidemiology (CADE)
Iowa Department of Public Health (IDPH)

Items for this week's Epi Update include:

- **Influenza activity increasing, first influenza-related death reported**
- **American monitored at Nebraska Medical Center after possible Ebola exposure**
- **CDC issues collaborative report on antimicrobial resistance in the environment**
- **In the news: What's the most dangerous food of all time?**
- **In the news: Drones deliver vaccines on island nation of Vanuatu**
- **In the news: Fit seniors can have hearts that look 30 years younger**
- **Infographic: New year, new healthy you**
- **Meeting announcements and training opportunities**

Influenza activity increasing, first influenza-related death reported

Based on several indicators, influenza activity in Iowa has increased over the last few weeks. SHL confirmed more than 35 influenza A positive specimens in both of the last two weeks of 2018 after identifying less than five positives each of the first 10 weeks of the season. The percentage of positive rapid influenza tests reported by clinical labs also rose from less than 2 percent to 9 percent. All regions of Iowa reported positive influenza rapid tests during the last week of 2018 and all had specimens confirm at SHL.

Over 80 percent of specimens submitted to SHL for subtyping this season have been identified as influenza A(H1N1)pdm09, mostly from people less than 65 years old. This H1N1 subtype is also the predominant strain nationally.

Iowa's first influenza-related death of the 2018-2019 season has been reported - a middle aged (41-60 years of age) Eastern Iowa man, who had underlying conditions or contributing factors. The death is an unfortunate reminder that influenza does have the potential to cause severe illness and death, especially in the very young, very old, or those who have underlying health conditions.

IDPH recommends that everyone over 6 months of age receive the influenza vaccine. Vaccine effectiveness studies have historically shown good protection against influenza A(H1N1)pdm09.

For more information about influenza activity in Iowa, visit idph.iowa.gov/influenza/reports.

To view the press release regarding Iowa's first reported influenza-related death of the season, visit idph.iowa.gov/News/ArtMID/646/ArticleID/158246/Iowa-Records-First-Flu-Related-Death-of-the-Season.

American monitored at Nebraska Medical Center after possible Ebola exposure

Last week, Nebraska Medicine reported that they are monitoring an American health care provider that was potentially exposed to Ebola while providing support as part of the ongoing outbreak in the North Kivu province of the Democratic Republic of Congo. They have noted that this individual is not symptomatic, but is being monitored and would be admitted to the Nebraska Biocontainment Unit if they were to become ill.

As a reminder, IDPH, in collaboration with key area partners, maintains and routinely reviews readiness plans and procedures for managing individuals with high consequence pathogens, including things like Ebola or MERS. Please remember to obtain a travel history as part of patient care for all individuals presenting with acute illnesses. This information is useful to help understand the risk of a variety of infectious diseases both in the U.S. and abroad. Additionally, for questions and concerns please contact CADE at: 1-800-362-2736.

CDC issues collaborative report on antimicrobial resistance in the environment

CDC, in collaboration with the United Kingdom Science and Innovation Network and the Wellcome Trust, has shared *Initiatives for Addressing Antimicrobial Resistance (AMR) in the Environment*. This report is the result of a meeting of international technical experts, governmental officials and other key stakeholders in April 2018. An executive summary and technical white paper discuss the potential for antibiotic-resistant bacteria to be found in environmental sources like water or soil. These documents recognize that more work is needed to help better understand what impact finding such organisms in these places might have on human health.

For more information, visit www.cdc.gov/drugresistance/resources/publications.html.

In the news: What's the most dangerous food of all time?

gizmodo.com/whats-the-most-dangerous-food-of-all-time-1830979433

In the news: Drones deliver vaccines on island nation of Vanuatu

www.npr.org/sections/goatsandsoda/2018/12/21/678101149/drones-deliver-vaccines-on-island-nation-of-vanuatu

In the news: Fit seniors can have hearts that look 30 years younger

www.npr.org/sections/health-shots/2018/12/10/674380082/exercise-wins-fit-seniors-can-have-hearts-that-look-30-years-younger

Infographic: New year, new healthy you



To view in full size, visit www.cdc.gov/chronicdisease/resources/infographic/new-year.htm.

Meeting announcements and training opportunities

None

Have a healthy and happy week!

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800-362-2736